



# More Than PERFECT

Understanding Your Inner  
Critic and Perfectionism

## THE ITINERARY

Two-part workshop using an evidence-based therapy modality and examples from the Disney and Pixar movies Encanto and Inside Out to bring greater understanding to the complicated and often conflicting ways different parts of our internal world function.

## SCAN TO REGISTER:

### ROUND 1:



**When:**  
Thursdays,  
Feb 16 and  
Feb 23rd from  
5pm-6:30pm

### ROUND 2:



**When:**  
Tuesdays,  
March 7th  
and March  
14th from  
5pm-6:30pm

**FOR MORE INFO  
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